

## Ocular Hypertension



Ocular hypertension is an increase in the pressure in your eyes that is above the range considered normal with no detectable changes in vision or damage to the structure of your eyes. The term is used to distinguish people with elevated pressure from those with glaucoma, a serious eye disease that causes damage to the optic nerve and vision loss.

Ocular hypertension can occur in people of all ages, but it occurs more frequently in African Americans, those over age 40 and those with family histories of ocular hypertension and/or glaucoma. It is also more common in those who are very nearsighted or who have diabetes.

Ocular hypertension has no noticeable signs or symptoms. Your doctor of optometry can check the pressure in your eyes with an instrument called a tonometer and can examine the inner structures of your eyes to assess your overall eye health.

Not all people with ocular hypertension will develop glaucoma. However, there is an increased risk of glaucoma among those with ocular hypertension, so regular comprehensive optometric examinations are essential to your overall eye health.

There is no cure for ocular hypertension, however, careful monitoring and treatment, when indicated, can decrease the risk of damage to your eyes.

